

# Self Care Week 2021 - Schedule

## MONDAY

### Diabetes Talk

Talk about diabetes awareness and how to keep well. Delivered in Punjabi via Zoom. Meeting ID: 867 8897 4454 Passcode: 476171

10.30 am to 11.30 am

### Get Moving — Eat, Move, Be Happy

Begin your get fit journey at The Scout Hut (access via the Surgery car park). Visit [eatmovebehappy.com](http://eatmovebehappy.com) to enrol. Mention Dyneley Surgery, Self Care when completing to access funding.

11.00 am to 12.00 pm

## TUESDAY

### Mindfulness Session — Sue Moorchild

Join us for this taster session via Zoom: Meeting ID: 834 5329 2207 Passcode: 220943

1.30 pm to 2.30 pm

## WEDNESDAY

### PPG 'Open' Meeting—All Patients Welcome!

Meeting ID: 835 3868 7007.

6.00 pm to 7.00 pm

### Wellbeing Wednesday

Join via Zoom for mindful activities. Email [exclusivelyinclusive@gmail.com](mailto:exclusivelyinclusive@gmail.com) for the link.

6.30 pm

## THURSDAY

### Nurturing Growth

Join Skipton Step into Action at Skipton Town Hall for a variety of self-care activities.

To book, or to find out more call: 01756 802098 (Mon - Fri 9am - 1pm) Or email: [support@ssia.org.uk](mailto:support@ssia.org.uk)

10.00 am to 3.00 pm

## FRIDAY

### Dementia Awareness Training — Dementia Forward

Meeting ID: 818 5367 1355 Passcode: 505347

10.00 am to 11.00 am

### Healthy Lifestyles Fit Walk

Open to all at Craven Leisure Centre.

10.00 am to 11.00 am

### Gardening for Carers

Meet other carers and participate in some gardening activities at Middletown Allotments. To book, please Ring at Carers' Resource Carol Hudson (01756) 700888 option 3.

10.30 am to 12.00 pm

## SATURDAY

### Skipton parkrun

Come and walk, jog or run 5k. Everyone welcome!

9.00 am

## SUNDAY

